



JUNE 2007

Most Fitness Class Fees: \$4 Single Ticket or \$30 for a book of 10, excludes Jazz & Adult Swim Lessons.

Location	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mountaineer 06783-6-7418	9:00 AM	FREE CARDIO ² Shana	FREE TONING Shana		FREE	MIX IT UP ³ Shana	
Rolling Hills Athletic Club (RHAC) 06783-6-6156	NOON - 4:30 PM						JAZZ DANCE MARATHON ⁴ Angela
	12:15 - 12:45 PM	LUNCH CRUNCH ² Shana	FREE		FREE	PAIN IN THE BUTT ³ Shana	
	4:15 PM	SPINNING ² Shana					
	6:30 PM			SPINNING Marion	SPINNING Marion		
	6:45 PM	SPINNING Marion					
	7:00 - 7:45 PM		WATER AEROBICS ⁵ Sam		WATER AEROBICS ⁵ Sam		
	7:00 PM	Begins June 4 ADULT SWIM LESSONS ⁶ Sam		ADULT SWIM LESSONS ⁶ Sam			

1. Fitness Information on the back.
2. All classes taught by Shana are Free for June. There will be no classes taught by Shana on Mon., July 2.
3. All classes taught by Shana are Free for June. There will be no classes taught by Shana on Fri., June 29.
4. Class is June 2, cost is \$25, register by June 1, 06783-6-6156, payment due at time of reservation.
5. No Water Aerobics classes on June 26 & 28.
6. Begins June 4, \$60 for 6 classes, 7 – 8 p.m. Last class June 20.

JUNE 2007

For more information or to register for a class call the RHAC at 06783-6-6156 or DSN 485-6156.

**Special
Event**

Jazz Dance Marathon

Everyone who loves to dance should join the instructor for this fun 4 ½ hour event. You will learn an entire choreography! Saturday, June 2, noon – 4:30 p.m. \$25 due at time of reservation. Reserve your spot by June 1, by calling, 06783-6-6156, credit cards are accepted over the phone.

Personal Training Available at all Gyms

Membership required at the RHAC. The cost is \$35 per person per hour; 5 sessions for \$150 per person; 10 sessions for \$250 per person. Buddy sessions are also available; this consists of 2 people training together. The buddy costs are \$30 per person per hour; 5 sessions for \$125 per person; 10 sessions for \$200 per person.



UPDATE

Massage Price Increase Effective June 15

Relax with a certified masseuse at the Rolling Hills Athletic Club. Choose from Swedish, Deep Tissue, Hot Stone Therapy, Combination, Reflexology, Specific or Couples massage. A 60-minute session is \$50 per person and a 30-minute session is \$35 per person. Payment due at time of reservation. Credit cards are accepted over the phone, 06783-6-6156 or 485-6156.



FREE

New Instructor, Shana, offers FREE classes in June

Shana is new to Baumholder and will be offering some FUN free classes in June. She will also be adding some 30 minute lunch time classes: her 'Lunch Crunch' class consists of a 30 minute ab and back work out and her 'Pain in the Butt' class consists of a super lower body work out you don't want to miss! Please see the front of this schedule for more classes taught by Shana.

Group Exercise Classes for Family Readiness Groups, Coffee Groups, Soldier PT or Just for FUN!

Looking for something new and exciting to offer at your group meeting or training sessions? How about a group exercise class?

A group rate is \$50 or you can purchase individual tickets for \$4 each (the minimum number of participants is 15).

The maximum number of participants depends on the type of class. Call Honey Bueno, 06783-6-7093 or DSN 485-7093 to schedule a class.

Certified Instructors Wanted

I'm in need of instructors for Group Exercise, Tae Kwon Do, martial arts, belly dance, ballroom dancing or water aerobics classes. If you are a certified instructor or want some information on how to become certified, please contact

Honey Bueno at 06783-6-7093 or honey.bueno@us.army.mil.